

# Meatloaf

**Prep Time: 10 minutes**

**Cook: 45 minutes**

**Serves: 4**

## Ingredients

200g dried breadcrumbs soaked in 220ml of milk

700g ground beef / mince

2 eggs, slightly beaten

1 onion, chopped

1/2 teaspoon, dried sage

Salt and black pepper to taste

## The Glaze:

2 tablespoons brown sugar

60ml tomato ketchup

## Method

Combine all the meatloaf ingredients and place into a loaf pan (Deep Pie Dish)

Mix the glaze ingredients together and top the meatloaf with the mixture

Bake in the oven for 45 minutes, or until the meatloaf is no longer pink in the centre